

UNCLE SAM'S ADVICE ON FLU

U. S. Public Health Service Issues
Official Health Bulletin
on Influenza.

LATEST WORD ON SUBJECT.

Epidemic Probably Not Spanish in
Origin—Germ Still Unknown—Peo-
ple Should Guard Against "Drop-
plet Infection"—Surgeon General Blue
Makes Authoritative Statement.

Washington, D. C.—(Special.)—Al-
though King Alfonso of Spain was
one of the victims of the influenza epi-
demic in 1893 and again this summer,
Spanish authorities repudiate any
claim to influenza as a "Spanish" dis-
ease. If the people of this country do
not take care the epidemic will be-
come so widespread throughout the
United States that soon we shall hear
the disease called "American" influ-
enza.

In response to a request for definite
information concerning Spanish influ-
enza, Surgeon General Rupert Blue of
the U. S. Public Health Service has
authorized the following official inter-
view:

What is Spanish Influenza? Is it
something new? Does it come from
Spain?

"The disease now occurring in this
country and called 'Spanish Influenza'
resembles a very contagious kind
of 'cold,' accompanied by fever, pains

Coughs and Sneezes Spread Diseases



As Dangerous as Poison Gas Shells

in the head, eyes, ears, back or other
parts of the body and a feeling of
severe sickness. In most of the cases the
symptoms disappear after three or four
days, the patient then rapidly recover-
ing. Some of the patients, however,
develop pneumonia, or inflammation
of the ear, or meningitis, and many of
these complicated cases die. Whether
this so-called 'Spanish' influenza is
identical with the epidemics of influ-
enza of earlier years is not yet known.

"Epidemics of influenza have visited
this country since 1647. It is interest-
ing to know that this first epidemic
was brought here from Valencia,
Spain. Since that time there have
been numerous epidemics of the dis-
ease. In 1889 and 1890 an epidemic
of influenza, starting somewhere in the
Orient, spread first to Russia and
thence over practically the entire civil-
ized world. Three years later there
was another flare-up of the disease.
Both times the epidemic spread wide-
ly over the United States.

"Although the present epidemic is
called 'Spanish Influenza,' there is no
reason to believe that it originated in
Spain. Some writers who have studied
the question believe that the epidemic
came from the Orient and they call at-
tention to the fact that the Germans
mention the disease as occurring along
the eastern front in the summer and
fall of 1917."

How can "Spanish influenza" be re-
cognized?

"There is as yet no certain way in
which a single case of 'Spanish influ-
enza' can be recognized. On the other
hand, recognition is easy where
there is a group of cases. In contrast
to the outbreaks of ordinary coughs
and colds, which usually occur in the
cold months, epidemics of influenza
may occur at any season of the year.
Thus the present epidemic raged most
intensely in Europe in May, June and
July. Moreover, in the case of ordi-
nary colds, the general symptoms
(fever, pain, depression) are by no
means as severe or as sudden in their
onset as they are in influenza. Final-
ly, ordinary colds do not spread
through the community so rapidly or
so extensively as does influenza.

"In most cases a person taken sick
with influenza feels sick rather sud-
denly. He feels weak, has pains in the
eyes, ears, head or back, and may be
sore all over. Many patients feel
dizzy, some vomit. Most of the pa-
tients complain of feeling chilly, and
with this comes a fever in which the
temperature rises to 100 to 104. In
most cases the pulse remains relative-
ly slow.

"In appearance one is struck by the
fact that the patient looks sick. His
eyes and the inner side of his eyelids

Bridging The Seas - - By Halleck



may be slightly 'bloodshot,' or 'con-
gested,' as the doctors say. There
may be running from the nose, or
there may be some cough. These signs
of a cold may not be marked; never-
theless the patient looks and feels very
sick.

"In addition to the appearance and
the symptoms as already described,
examination of the patient's blood may
aid the physician in recognizing 'Span-
ish Influenza,' for it has been found
that in this disease the number of
white corpuscles shows little or no in-
crease above the normal. It is possi-
ble that the laboratory investigations
now being made through the National
Research Council and the United
States Hygienic Laboratory will fur-
nish a more certain way in which in-
dividual cases of this disease can be
recognized."

What is the course of the disease?
Do people die of it?

"Ordinarily, the fever lasts from
three to four days and the patient re-
covers. But while the proportion of
deaths in the present epidemic has
generally been low, in some places the
outbreak has been severe and deaths
have been numerous. When death oc-
curs it is usually the result of a com-
plication."

What causes the disease and how is
it spread?

"Bacteriologists who have studied in-
fluenza epidemics in the past have
found in many of the cases a very
small rod-shaped germ called, after its
discoverer, Pfeiffer's bacillus. In other
cases of apparently the same kind of
disease there were found pneumococci,
the germs of lobar pneumonia. Still
others have been caused by strepto-
cocci, and by others germs with long
names.

"No matter what particular kind of
germ causes the epidemic, it is now
believed that influenza is always
spread from person to person, the
germs being carried with the air along
with the very small droplets of mucus,
expelled by coughing or sneezing,
forceful talking, and the like by one
who already has the germs of the dis-
ease. They may also be carried about
in the air in the form of dust coming
from dried mucus, from coughing and
sneezing, or from careless people who
spit on the floor and on the sidewalk.
As in most other catching diseases, a
person who has only a mild attack of
the disease himself may give a very
severe attack to others."

What should be done by those who
catch the disease?

"It is very important that every per-
son who becomes sick with influenza
should go home at once and go to bed.
This will help keep away dangerous
complications and will, at the same
time, keep the patient from scattering
the disease far and wide. It is highly
desirable that no one be allowed to
sleep in the same room with the pa-
tient. In fact, no one but the nurse
should be allowed in the room.

"If there is cough and sputum or
running of the eyes and nose, care
should be taken that all such dis-
charges are collected on bits of gauze
or rag or paper napkins and burned.
If the patient complains of fever and
headache, he should be given water to
drink, a cold compress to the forehead
and a light sponge. Only such medi-
cine should be given as is prescribed
by the doctor. It is foolish to ask the
druggist to prescribe and may be dan-
gerous to take the so-called 'safe, sure
and harmless' remedies advertised by
patent medicine manufacturers.

"If the patient is so situated that he

can be attended only by some one who
must also look after others in the fam-
ily, it is advisable that such attendant
wear a wrapper, apron or gown over
the ordinary house clothes while in the
sick room and slip this off when leav-
ing to look after the others.

"Nurses and attendants will do well
to guard against breathing in danger-
ous disease germs by wearing a simple
fold of gauze or mask while near the
patient."

Will a person who has had influenza
before catch the disease again?

"It is well known that an attack of
measles or scarlet fever or smallpox
usually protects a person against an-
other attack of the same disease. This
appears not to be true of 'Spanish in-
fluenza.' According to newspaper re-
ports the King of Spain suffered an
attack of influenza during the epi-
demic thirty years ago, and was again
stricken during the recent outbreak in
Spain."

How can one guard against influ-
enza?

"In guarding against disease of all
kinds, it is important that the body be
kept strong and able to fight off dis-
ease germs. This can be done by hav-
ing a proper proportion of work, play
and rest, by keeping the body well
clothed, and by eating sufficient whole-
some and properly selected food. In
connection with diet, it is well to re-
member that milk is one of the best
all-around foods obtainable for adults
as well as children. So far as a dis-
ease like influenza is concerned, health
authorities everywhere recognize the
very close relation between its spread
and overcrowded homes. While it is
not always possible, especially in
times like the present, to avoid such
overcrowding, people should consider
the health danger and make every
effort to reduce the home overcrowd-
ing to a minimum. The value of fresh
air through open windows cannot be
over emphasized.

"When crowding is unavoidable, as
in street cars, care should be taken to
keep the face so turned as not to in-
hale directly the air breathed out by
another person.

"It is especially important to be-
ware of the person who coughs or
sneezes without covering his mouth
and nose. It also follows that one
should keep out of crowds and stuffy
places as much as possible, keep
homes, offices and workshops well
aired, spend some time out of doors
each day, walk to work if at all prac-
ticable—in short, make every possible
effort to breathe as much pure air as
possible.

"In all health matters follow the ad-
vice of your doctor and obey the regu-
lations of your local and state health
officers."

"Cover up each cough and sneeze,
if you don't you'll spread disease."

FIDO'S BATH AND 3 MEALS ASSURED

Spokane, Wash.—One thou-
sand dollars to provide three
meals a day, a bath and a bed
for her pet dog is a provision
of the will of Mrs. Quincy Bur-
gess, recently admitted to prob-
ate. When the dog dies the
will provides that it shall be
buried beside its late owner. A
"nice casket" is to be used and
the dog's grave is to be properly
cared for.

THE SECOND LINE OF DEFENSE

From the Mississippi valley to the
flaming front in Flanders is not as far
today as the distance from Paris to
Berlin. The Atlantic ocean is not as
wide as the River Somme. The girl
in the munition factory in the middle
West is very close to her brother in
the front-line trenches. If her work
falters, if one untrue torpedo passes
the careful scrutiny of the inspector,
the lives of American soldiers pay
the price.

It is as necessary to keep the girl
who makes the shells physically fit
and high of courage as the man who
fires the gun.

The glory and excitement of war
are for the man in khaki. Grinding,
monotonous labor far away from the
flying flags and martial music is the
portion of the girl who makes munitions.

One and a half million women and
girls have marched into the service of
the United States government, to take
the places of the men who have been
called to the colors. With every draft
and with the opening of every munition
cantonment the number is multi-
plied. These girls work long hours
and the work is hard and monotonous.
Furthermore, they work at high nerv-
ous tension. On the skill of their fin-
gers and the accuracy of their eyes de-
pends the lives of many soldiers, the
winning or losing of many battles.

"I can't sleep at night because I'm
so afraid I may have passed on some-
thing that was not quite true," said
one young girl not yet in her twenties,
who inspected hundreds of torpedoes
every day.

Unless something can make this girl
forget at night, and find some rest, her
hand will lose its cunning.

"Nights and Sundays," said another,
"I walk and walk, and I never go the
same route twice until I have worn
out all the others, and yet I can't for-
get that perhaps some time, somehow,
during the day something may have
gone through that was not quite right."

"I was just on the edge of going
back home," said another. "I couldn't
stand it. Then the recreation leader
asked me if I played basket ball, and
I told her I was too old. I'm twenty-
eight. She insisted that I just try
throwing the ball, and now I'm captain
of the basket ball team. I play tennis,
and can 'set up' and 'wig-wag,' and
they're going to make me forewoman
of the room. That would have fright-
ened me to death once. But every-
thing is different now, that we have
our War Service club."

The war department had seen the
need of occupations for out-of-work
hours if the employees were to work
at their greatest efficiency, and through
the ordinance department asked the
Young Women's Christian Association
for recreation leaders, to line up the
girls and direct their freetime pleas-
ures.

The government reminded the Y. W.
C. A. that as an organization it always
had had an interest in the right hous-
ing of girls, in the right feeding of
girls, and in the right education of
girls, and that the intelligent care of
these girls in the munitions factories
was one of the essentials in the win-
ning of the war. The government
could house and feed them. It could
put up recreation buildings, but when
this was done it was as helpless as the
father of a motherless girl. The gov-
ernment is a composite man. He didn't
know what a girl should do when the
six o'clock factory whistle blew. He
only knew she needed looking after
and he called to the one woman's or-
ganization that for half a century had
made a study of the needs of girls.
Vaguely, he had an idea that she
should be encouraged to play, that she
needed wholesome recreation, and
some one, wise and sympathetic as a
careful mother, to guide her social ac-
tivities.

The Blue Triangle sent its play lady
to salute and go to work. Workers are
asked for in recreation buildings of
all the 22 federal industrial reserva-
tions or munition cantonments which
have been opened this summer in sev-
eral of the states. These reservations
sprung up out of the very fields in a
few weeks. They are employing thou-
sands of workers. Many of these
women have come from far distant
homes. The government provided
dormitories and mess barracks. In
some places it is putting up recreation
buildings. Where such a building is
not provided by the government, the Y.
W. C. A. will furnish it, using one al-
ready standing when available, and
building when that is necessary. All
these buildings, whether government
or association-owned, will operate un-
der the sign of the Blue Triangle. They
will have big living rooms, assembly
rooms for entertainments, club rooms,
and gymnasiums. The Blue Triangle
will furnish a program of service work,
educational classes, games and enter-
tainments. Military and signal corps
drills will be in charge of soldiers.

In Washington, the members of the
Business Women's council, a Blue Tri-
angle league of the Y. W. C. A., made
up of girl government employees, drill
twice a week under an army officer.

MUSTARD GAS WORST

Most Horrible Invention Hums
Use in War.

It Brings Tears and Causes Painful
Skin Diseases Among
Soldiers.

Washington.—The most dangerous
kind of poison gas used by the Ger-
mans is "mustard gas," or dichloro-
diethylsulphide.

Mustard gas has a distinctive but
not altogether unpleasant smell, more
like garlic than mustard. It is heavy
and oily as a liquid. It boils at 217 de-
grees centigrade, and thus has prop-
erties whereby it can be distributed in
the form of a spray on the impact of a
shell.

Mustard gas is a powerful producer
of tears. After several hours the eyes
begin to swell and blister, causing in-
tense pain. The nose discharges freely,
and severe coughing and vomiting en-
sue.

Direct contact with the spray causes
blistering of the skin, and the vapor
penetrates through the clothing. Gas
masks, of course, do not protect
against this. The symptoms are similar
to pneumonia—high fever, heavy
breathing and often stupor.

The damage done by mustard gas is
a slow and insidious development. The
breaking down of the affected tissues
is slow, the height being reached from
five to ten days after the burn is re-
ceived. The painlessness is also a
marked characteristic. Healing is
slow.

Mustard gas besides being used in
direct attack, is also used for "neutra-
lization." For instance, where supplies
and ammunition are being brought up,
a few mustard gas shells will result
in dangerous confusion and delay. A
part of the infantry is "neutralized"
by having food and ammunition cut
down. If the shell hurts as well as
neutralizes, so much the better.

The American mask to fight mustard
gas is of the box respirator type. The
hood is of rubber. Breathing is
through the mouth, pliers shutting
off the nostrils. The gas-charged air
enters through the bottom of the can-
isters, where by means of neutralizing
chemicals, it is purified. From the top
of the canister the air is drawn into
the lungs.

There is a one-way shutter valve in
the hood through which the air comes
out. This mask is designed to last ten
hours. For artillerymen the war de-
partment has made an oil suit which
encloses the soldier bodily.

and between five and six o'clock on
these days long lines of motorcars are
parked to watch the drill.

Wherever possible the recreation
equipment includes a field somewhere
for outdoor sports.

War clubs are a part of the plan and
membership in these involves a pledge
to serve to the best of the girl's abili-
ty in the ranks of the Women's Indus-
trial Army—the "second line of de-
fense," and a promise of loyalty by
promoting in every possible way the
spirit of service.

TO DRIVE AWAY MOSQUITOES

Kansas Professor Makes Public Pre-
paration He Claims Is Effective
Against Pests.

Campers and tourists who are
harassed by mosquitoes can find relief
by use of repellents, points out George
A. Dean, professor of entomology, Kan-
sas State Agricultural college.

Where time and circumstances will
not permit of sanitary means of con-
trol, an effective repellent can be made
by the use of one ounce of cedar oil,
two ounces of citronella and two
ounces of spirits of camphor.

A small amount of this solution ap-
plied to the face and hands or on a
handkerchief tied around the neck
will keep the mosquitoes away. Equal-
ly good results may be obtained if the
liquid is applied to a cloth and hung
near the face when mosquitoes are
troublesome at night.

An Unheralded Event.

An announcement has appeared in
the newspapers so insignificant that it
has almost passed unheeded. The size
of the item was altogether out of pro-
portion to its importance. The single
paragraph was to the effect that the
swinging bridge over the Suez canal
at El Kantara, about 35 miles south
of Port Said, had been completed. Yet
that bridge affords direct railway com-
munication between Cairo and the cit-
ies of Palestine; it conquers the desert
which separated Egypt from Palestine,
and which has for centuries barred the
march of nations; it joins Asia to Af-
rica, and it assures the world that the
Holy Land will henceforth be under
Christian guardianship. Xerxes bridg-
ing the Hellespont is nothing to the
British bridging the Suez canal! Surely
the bells of Christendom ought to
have been rung when that insignifi-
cant announcement crept into the cor-
ners of the papers!—Christian Science
Monitor.